WEEK 1

BUCHANAN LODGE MASTER MENU

Fall/Winter

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|-------------------------------|--------------------------|-----------------------|---------------------|-----------------------|----------------------|
| Apple Juice | Orange Juice | Cranberry Juice | Apple Juice | Orange Juice | Cranberry Juice | Apple Juice |
| Stewed Prunes or | Stewed Prunes or | Stewed Prunes or | Stewed Prunes or | Stewed Prunes or | Stewed Prunes or | Stewed Prunes or |
| Banana Half | Banana Half | Banana Half | Banana Half | Banana Half | Banana Half | Banana Half |
| Hot Oatmeal | Hot Oatmeal | Hot Oatmeal | Hot Oatmeal | Hot Oatmeal | Hot Oatmeal | Hot Oatmeal |
| Asstd. Cold Cereals | Asstd. Cold Cereals | Asstd. Cold Cereals | Asstd. Cold Cereals | Asstd. Cold Cereals | Asstd. Cold Cereals | Asstd. Cold Cereals |
| Cinnamon Buns | Poached Eggs | Scrambled Eggs | Boiled Eggs | Bacon/Poached Eggs | Waffles/Syrup | Poached Eggs |
| Cheese Slice | Toast | Toast | Toast | Raisin Toast | Poached Eggs | Raisin Bran Muffins |
| Jam & Peanut Butter | Jam & Peanut Butter | Jam & Peanut Butter | Jam & Peanut Butter | Jam & Peanut Butter | Jam & Peanut Butter | Jam & Peanut Butter |
| Tea - Coffee - Milk | Tea - Coffee - Milk | Tea - Coffee - Milk | Tea - Coffee - Milk | Tea - Coffee - Milk | Tea - Coffee - Milk | Tea - Coffee - Milk |
| Apple Juice | Orange Juice | Cranberry Juice | Apple Juice | Orange Juice | Cranberry Juice | Apple Juice |
| Roast Beef & Gravy | Potato Crusted Cod | Teriyaki Beef Strips | Lemon Parmesan | Swiss Steak | Turkey Schnitzel with | Ham Steak with |
| Whipped Potatoes | with Lemon Wedge | Jasmine Rice | Chicken | Whipped Potatoes | Cream Gravy | Honey Mustard Sauce |
| Corn | Savory Mashed | | Parslied Potatoes | • • | Blushing Potatoes | Creamy Hash Browns |
| | Potatoes | Julienne Carrots | California Mix | Diced Turnips | Wax Beans | Sautéed Green |
| Pumpkin Squares | Spinach | | | | vvax beans | |
| with Whipped | Эршасп | Red Velvet Cake | Vegetables | Raspberry Cranachan | | Cabbage |
| Topping | | | | | Lemon Sauce Pudding | |
| | Fruit Cocktail | | Strawberry Ice Cream | | Cake | Pineapple Tidbits |
| Chicken & Rice Soup | Beef and Barley Soup | Corn Chowder | Vegetable Barley Soup | Tomato & Rice Soup | Lentil Rice Soup | Chicken Veg Soup |
| Soda Crackers | Soda Crackers | Soda Crackers | Soda Crackers | Soda Crackers | Soda Crackers | Soda Crackers |
| Perogies with Sour | Croissant Chicken | Ham & Broccoli Quiche | Shepherd's Pie with | Grilled Cheese | BBQ Ribs | Tuna Casserole |
| Cream and | Salad | Tidiri & Broccon & dione | Gravy | Sandwich | Parmesan Herb Scone | Tossed Salad with |
| Sauerkraut | Garden Pasta Salad | Van Edua | Whole Wheat Bread | Creamy Coleslaw | | Balsamic Vinaigrette |
| Cucumber Salad | | Yam Fries | | • | Long Green Beans | Dressing |
| | Annla Crian 9 | | Pickled Beet Slices | Dill Pickle Slice | | Diessing |
| Chocolate Éclair | Apple Crisp & Whipped Topping | Date Squares | | | Mandarin Oranges | \/ 'II - O |
| | willipped ropping | | Diced Peaches | Fresh Apple Cake | | Vanilla Coconut |
| | | | | | | Custard |

Assorted beverages (Coffee/Tea/Milk/Juice) 250 ml are available at all meals and snacks.
PM snacks: assorted baked goods and fruits. HS snacks: assorted sandwiches.